



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Ulke, Susanne

Club: Top in Form Ilme

Number: 401

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W40

Total time: 56:19

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 66 (of 110)

Rank in course/Women: 8 (of 24)

Best time in course: 44:41

Rank in category: 3(of 6)

Best time in the category: 54:45